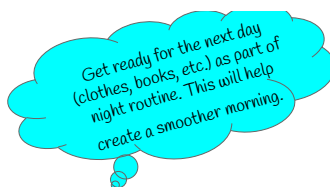


SUMMER LEARNING GOING INTO SECOND GRADE



SLEEP HABITS



Second graders need plenty of sleep! Your child may want to stay up late, but they still wake up early. Try to get them on a "school time" schedule.

- ❖ Be firm on bedtime
- ❖ Be consistent about bedtime
- ❖ Use a clock or timer for wind down time so they know bedtime is approaching.
- ❖ No electronics, help to start to quiet the brain
- ❖ Read aloud. Having this time together is precious and also helps to strengthen your child's brain.

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Tarantini S, Brooks SJ, Chrousos CP, Hall W, Kirschner S, Lloyd RM, Minkov B, Muzik K, Nichols C, Quan SF, Rosen CL, Troester MM, Wink MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25; 12(5):579-588. doi: 10.5664/jcsm.579.

FORMING ROUTINES



- ❖ Create a schedule that shows:
 - Snack time
 - Dinner time
 - Play time
 - Wind down time
 - Bedtime
- ❖ Review schedule and times with your child so they know and understand tasks and expectations

In September:

- ❖ Add: Homework time (pack up when done) & Extra curricular activities to schedule.
- ❖ If your child has papers for you to look at/sign/fill out, where should they go?
- ❖ Review time. Give yourself a set time to sit and review papers/notes and return them directly to your child's book bag. We know mornings can sometimes be hectic!

THINGS YOUR CHILD SHOULD WORK ON IN PREPARATION

- ❖ Birthday month, day, and year
- ❖ House number, street name, city, state, zip
- ❖ Phone number
- ❖ Their hair and eye color
- ❖ Be able to list their favorite things
- ❖ Their hobbies
- ❖ Name of their school and teacher
- ❖ Addition and subtraction facts
- ❖ Long and short vowel sounds and identifying them in a word
- ❖ Writing an opening, three reasons why, and a closing sentence on topic
- ❖ Reading on grade level fluently
- ❖ Identify coins from heads and tails side
- ❖ How to state an opinion on a topic "I think..." "I feel..."



SUMMER LEARNING

- ❖ About 20 minutes of summer learning each day.
 - Summer learning can be the resources in your backpack, resources you have at home, and the "everyday" concepts suggested throughout this video.
- ❖ Create a space away from noise and distractions.
 - Have supplies readily available in space.
- ❖ Use a timer, if needed, to help your child stay focused.
- ❖ Be supportive by monitoring progress and giving help if needed.
 - Do not do the work for your child.

Other suggestions could include, homemade flash cards of math facts or spelling words, or have your child read a book.



Where?

- Car ride
- Dinner time
- Wind down/ bed time

How?

- Ask your child questions that they cannot just answer with a 'yes' or 'no'
 - What made you happy about today?
 - What did you enjoy about your summer work today?
 - What summer work do you wish you didn't have to do today?
 - What activity did you really like doing today?
 - What was your favorite part of the day today?

Let the questions spark further conversation.

FAMILY CONVERSATIONS

READING IS EVERYWHERE



Your child's vocabulary is building every day. There are so many opportunities to reinforce reading skills. Just look around!

Read alouds– children benefit from hearing adults, or older siblings read fluently and with expression. Have your child read to an adult, sibling, pet, stuffed animal.

Multitasking– Let your child read to you while you are driving, doing chores, or cooking.

Compare and contrast– After reading the book, watch the movie. Ask your child how they are alike and how they are different.

Make it fun! Build a fort to read in. Read in the dark with a flashlight. Read to a stuffed animal. Read in a sunny spot. Read under a table.

Play games:

- **Categories**– have your child find signs or words on packages that fit into that category.
- **Find the food**– spell a word and see if your child can find it. Let them spell foods they see for you to find.
- **Is it a noun?** Give your child a word and ask them if it is a noun (person, place, thing, or animal)
- **Is it a verb?** Give your child a word and ask them if it is a verb (can you do it?)

HOME LIBRARY (SUGGESTED BOOKS)

Junie B Jones

Be Who You Are

Magic Tree House

Skippyjon Jones

Fancy Nancy

Nate the Great

Geronimo Stilton

Bad Kitty

Book by Mo Willems

Books by Dr. Seuss

Ordinary People Collection

Amelia Bedelia

American Girl Series

The Amazing Life of Aleah Lane

Who Would Win Series

My Weird School

Izzy Gizmo

Dogman

Adventures According to Humphrey

Judy Moody

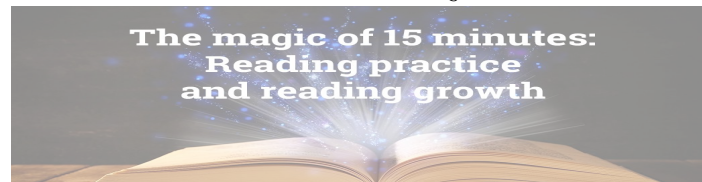
Books by Jasmine Toguchi

El Deafo by Cece Bell

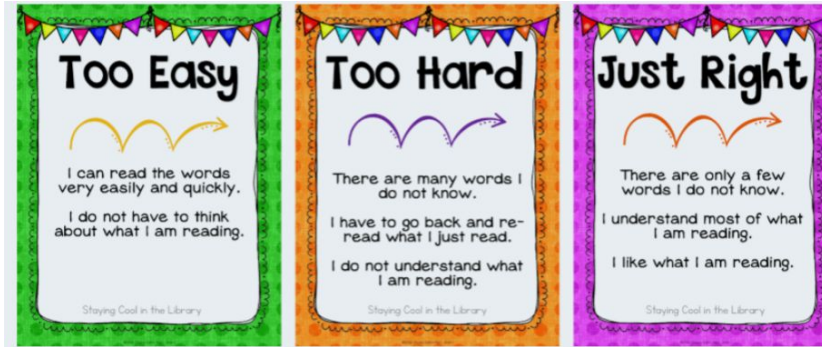
You can find books:

- Thrift store
- Library
- Second Hand Bookstore
- Garage Sale

**The magic of 15 minutes:
Reading practice
and reading growth**



HOW TO CHOOSE A BOOK



Future second graders should be writing every day. Here are some fun ideas!

- ❖ Make cards for others: birthday, get well, thank you, thinking of you, just because
- ❖ Word art: practice spelling words with toothpicks, play-doh, ribbon, pipe cleaners—anything that can be reused.
- ❖ Play with your food: Use pretzel sticks and circles, cereal, uncooked macaroni, to form words
- ❖ Spelling fun: use shaving cream, sand, dirt, cornmeal, pudding, to write spelling words.

SPELLING AND WRITING

MATH AT HOME OR ON THE GO



- ❖ What shape is that?
- ❖ What coin is this?
- ❖ Grocery math—how many "round" things did we buy?
- ❖ Everyday math— "There are 5 people in our family. We will need 5 spoons for soup and 5 spoons for dessert. How many spoons do we need?"
- ❖ Simple addition and subtraction facts (finger counting should be phasing out from first to second grade)
 - Flashcards
 - Create a fun one minute, 10 facts sheet, to see how many they can correctly answer.
 - Verbal fact practice

SCIENCE & SOCIAL STUDIES ALL AROUND US

- ❖ Look!
 - Look for examples of Earth's resources while out. Plants— provide food we eat. Trees— provide oxygen we need to breathe.
- ❖ Create!
 - Ramps, pulleys, teeter totter, bridges.
- ❖ Grow!
 - Plant something simple together and watch it grow. Discuss what is needed to stay healthy and strong. How does the plant change as it grows?
- ❖ Discover!
 - Go on a nature walk and look for animals. Then research information in books about them.
- ❖ Start a collection: rocks, shells, pressed leaves or flowers, photographs of plants or animals.
- ❖ Holidays
 - Why do we celebrate them? What is the history behind them?
- ❖ Famous Figures
 - Learn about important historical figures and places where you live and places you are visiting.
- ❖ Maps
 - Use maps to explore places where you live. Draw a map of house, street, neighborhood, etc.
- ❖ Diversity – celebrate differences in traditions, appearance, dress, and food.



SUMMER FUN - CHECK LOCAL LIBRARY FOR FREE PASSES

Hands-on Museum	Cooking
Zoo	Arts and crafts
Aquarium	Nature Cove Walk
Local Library	Play an instrument/Sing
Local Theatre	Dance/ Gymnastics Class
Roller or ice skating	Karate
Bowling	Planetarium



Just Play!!!

FAMILY FUN NIGHTS

- ❖ Movie Night
- ❖ Game Night: Board Game, Card Game, a game your child made, BINGO
- ❖ Flashlight Tag
- ❖ Make a fun dinner together (make your own pizza)
- ❖ Backyard Camping
- ❖ Scavenger Hunt around the house or neighborhood
- ❖ Arts and Crafts Night
- ❖ Bike Ride as a family
- ❖ Children's Choice



LEARNING ON THE ROAD

- ❖ Alphabet Hunt
 - Start at the beginning and shout out something you see that begins with that letter. Go in order.
- ❖ Number Hunt
 - Start with one. Go in order. "I see 1 tree. I see 2 cows."
- ❖ State Hunt
 - Can you find all 50 license plates?
- ❖ Shapes Hunt
 - Find 3 things per shape.
- ❖ Memory Games
 - "I went on a picnic and I brought an **apple**, I went on a picnic and I brought an apple and **bread**"
- ❖ Pattern Games- verbal
- ❖ Magnet spelling- magnet letters and cookie sheet for a board.
- ❖ Audio book, listen together & discuss
- ❖ Mad Libs (learn parts of speech)

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